

Strong Nerves

Nerves just as surely come from the use of Hood's Sarsaparilla as does the cure of eczema, salt rheum, or other so-called blood diseases. This is simply because the blood affects the condition of all the bones, muscles and tissues. If it is impure it cannot properly sustain these parts. If made pure, rich, red and vitalized by Hood's Sarsaparilla, it carries health instead of disease, and repairs the worn, nervous system as nothing else can do. Thus nervous prostration, hysteria, neuralgia, heart palpitation, are cured by Hood's Sarsaparilla.

Hood's Sarsaparilla

Because it is the One True Blood Purifier. Hood's Pills are the best after-dinner pills, aid digestion, etc.

TEACHER'S INSTITUTE.
A Large Number Enrolled the First Day—Subjects Discussed.
At the East school County Supt. Graham convened the annual session of the Marion county teachers' institute and applicants registered.
At the forenoon session four subjects were taken up for discussion viz: "Arithmetic—Methods and Practice Drill" with Mr. Graham as leader.
"Language and Grammar—Methods in and Classification of Sentences, etc." by E. H. Anderson leader.
"Physiology," by J. J. Kraps.
"Geography," by A. W. Prescott.
Messrs. Peabody, Buff, Ambler and others made brief talks on the matters.

In the afternoon "Janitor Work in Country Schools," "Ventilation," and miscellaneous questions were taken up and the discussions actively entered into—the ladies making themselves heard to a great extent.
"Keeping School Registers" was the theme of an address by Mr. Supt. Graham and a general debate of the same was entered into by the institute.
This forenoon there will be book work in two divisions and the recitations will be conducted by the following well-known teachers:
First division—Physiology, J. C. C. Lewis; Mental Arithmetic, Miss Morris; History, Miss Clara B. Frink.
Second division—Geography, J. D. Alexander; History, W. R. Powers; Mental Arithmetic, Emille Henry.
The following is the list of teachers enrolled at the institute yesterday:

Salem—J. S. Graham, Geo. A. Peabody, John W. Reynolds, Lou Albee, Corria K. Bentley, Marie Rockwell, M. Jane Morris, Metta Davis, Ella Welch, Anna Fischer, S. Letta Lewis, A. W. Long, Emelle A. Henry, J. O. Hall, Ella Piche, Grace Pohle, Laura M. Prescott, Mrs. C. B. Palmer, Carrie Bradshaw, W. W. Apple, D. M. Evans, Edith F. Frizzell, Alice McFadden, Margaret J. Coper, Mary Willard, Noah Welch, Chas. H. Horner, Estelle Kaylor, Minnie Tasker, Earl Sherk, F. A. Myers, Bessie Bollinger, Mrs. Mattie Myers, Laura Howard, M. Ella Currin, Frances M. Curran, Anna M. Hall, Clarence Beaver, W. K. Powers, A. W. Prescott, Cecil Hillman, Myrtle V. Dubois, Mary Aitken, Carl M. Ehret, Sara Starr, Edith Latham, Stella Fischer, Trista Anderson, Margaret Lockley, Edie Judson, E. G. Kirby, W. D. Freeman, W. S. Sandford, J. C. McFarlane, Mattie McNary, Maria F. D'Arcy, J. J. Kraps, Ermine E. Bushnell, J. C. C. Lewis, D. S. Yoder, W. Bernard, Adda H. Pugh, Hope Gans, Vera Pettingill, Maggie Watenpaugh, Grace Bellinger, Leo Schellberg, Mathe C. Henry, Mrs. Myra B. Mitchell, E. Hefebower, Mae Campbell, Julia McCulloch, Rose E. Moore, Eva L. Dimmitt, Mrs. E. C. Race, Florence Patti, Geo. W. Aschenbrenner, W. M. Smith, C. G. Tasker, J. B. Stockman, Lizzie Jakes, Mrs. Alice H. Dodd, Cora L. Litchfield, L. W. Edmister, Arthur Winches, C. M. Inman.
Ale—Phebe Russell, Ira Russell.
Lincoln—Harvey C. Plum.
Woodburn—Nellie G. Kemp, Alice Deano, Nettie Arms, Mrs. S. T. Adams.
Monitor—V. Pearl Shuck.
Silverton—Anna Russell, H. E. Hodges, J. K. Buff, J. E. Davies, Letta Ottaway, Ida Finlay, E. T. Moores, Wile Herriman, Grace Ruble, L. T. Moore, S. A. Moore, Sallie Tuggie.
Klumb—A. R. Seigmond.
Jefferson—W. F. Drager.
Scott's Mills—S. L. Frazier, Emma A. Marsh, J. H. Douglas Jr.
Turner—Lizzie S. Cornelius, Muriel Talcott, Grace Willins.
Rosedale—C. D. Abbott, J. D. Alexander, Mrs. J. D. Alexander, Huldai A. Cox, T. E. Mitchell.
Brooks—Emma Massey, Lulu Massey, Cora Massey.
Mt. Angel—Emma Keddle, T. L. Ambler, Euphe M. White.
Udell.
Zena—W. J. Shepard.
Hubbard—H. O. Byland, Willis Platts.

Liberty—O. A. Miles.
Macleay—Josie Taylor.
Buttville—Reta Dawson, Mrs. A. H. Cone.
Fair Grounds—Lola Smith.
Marion—Anna Ritz.
Fruitland—Eva Nichols, Jane E. Robbuis.
Gervais—Minnie Wade, Ida Wade, Ada Webb, S. I. Briggs, R. E. Ringo, Chemawa—John A. Goode.
Willard—Kate Pooler, Lida Thompson, Musa Geer, V. Geer.
Howell Prairie—A. B. W. Hughes, J. T. Hughes.
Shaw—J. H. Heald.
Kingston—Lillie M. Titus.
Aurora—Bertie Grubbe.
McCoy—Effe Emmett.
Stayton—J. G. Richardson.
Lyons—F. W. Talcott.
Champoeg—Addie Brown, Mrs. C. T. Yergen.
Mills City—R. D. Cashatt.
Clymer—Herbert W. Copeland.
This is the largest enrollment of the first day of any institute held under Superintendent Graham's administration.

It was voted at the session on Wednesday to not use the title "Prof." for ladies or gentlemen.
The Ideal Panacea.
James L. Francis, Alderman, Chicago, says: "I regard Dr. King's New Discovery as an Ideal Panacea for Coughs, Colds and Lung Complaints, having used it in my family for the last five years, to the exclusion of physicians' prescriptions or other preparations."
Rev. John Burgess, Keokuk, Iowa, writes: "I have been a Minister of the Methodist Episcopal Church for fifty years or more, and have never found anything so beneficial, or that gave me such speedy relief as Dr. King's New Discovery." Try this Ideal Cough Remedy now. Trial Bottles free. Fred A. Legg's Drug Store.

When Baby was sick, we gave her Castoria.
When she was a Child, she cried for Castoria.
When she became Miss, she clung to Castoria.
When she had Children, she gave them Castoria.

Sunday Excursions.
Beginning with Sunday, June 21, and on each succeeding Sunday, a special excursion train will leave Albany at 7 a. m., Corvallis 7:30 a. m., arriving at Yaquina at 11:15 a. m. Returning, boat leaves Newport at 6:30 p. m. Train leaves Yaquina at 7 p. m., arriving at Corvallis at 10 p. m. and Albany at 10:30 p. m.
Fare, good on this train only, from Corvallis, Albany and Philomath to Newport and return, \$1.50.
H. L. WALDEN, H. B. LOWMAN, Agent, Albany. Agent, Corvallis.
EDWIN STONE, Manager, Corvallis.
Corvallis, June 17, 1896.

Reduced Raets.
Those going east should call on or address the Union Pacific City Ticket office, 135 Third Street, Portland, for rates to the following meetings:
Democratic National Convention, Chicago, Ill., July 7th.
People's Party Convention and American Silver Convention, St. Louis, Mo., July 22nd.
National Convention Young People's Society of Christian Endeavor, Washington D. C. July 7th to 13th.
National Educational Association meeting, Buffalo, N. Y. July 3rd to 10th.
Encampment Grand Army of the Republic, St. Paul, Minn., September 14th.
R. W. BAXTER, General Agent.
Ray Cashatt, of Mehama, has been visiting at the home of F. L. Pound for the past day or two.
Our roads east of town are being treated to a good coat of gravel.

The book of woman's life is divided into three chapters: Girlhood, womanhood, motherhood. At the time when a young girl passes into womanhood, turning the leaf as we may say between the first and second chapters of her existence—little care and thoughtfulness will double her chances of future happiness and save many hours of suffering. Every young woman should have an intelligent understanding of her own physical make-up. Half knowledge which is little better than pure ignorance, opens the way to an untold amount of pain and wretchedness.
Few women realize the influence exerted on their bodily and mental well-being by the special organism of their sex. It is hard for them to believe that the little drain which goes on from day to day is sufficient to sap away the very life forces. Yet it is so. The weakness, exhaustion, melancholy, the periodical prostration and sometimes almost torturing has no other cause, two-thirds of the time, than the abnormal unhealthy condition of the generative organs. Strangely enough even doctors often fail to recognize the truth. For this condition there is no other remedy in the world so helpful and certain as Dr. Pierce's Favorite Prescription. It restores health and vigor to the feminine functions and renewed vitality to the entire system. It breaks inflammation, stops discharges, strengthens the ligaments and builds up the internal tissues which cannot be reached by local treatment. It is of incalculable value to young women and to prospective mothers, greatly lessening the pains and perils of childbirth if taken during pregnancy. During the "change of life" it is invaluable.
Dr. Pierce's great book, "The People's Common Sense Medical Adviser," has 700 pages, well-illustrated. Over 20 pages devoted to woman's diseases with suggestions for home-treatment. It will be sent free by World's Dispensary Medical Association, 261 Main Street, Buffalo, N. Y., on receipt of a two-cent stamp to cover cost of mailing card.

When Baby was sick, we gave her Castoria.
When she was a Child, she cried for Castoria.
When she became Miss, she clung to Castoria.
When she had Children, she gave them Castoria.

CASTORIA

for Infants and Children.

THIRTY years' observation of Castoria with the patronage of millions of persons, permit us to speak of it without guessing. It is unquestionably the best remedy for Infants and Children the world has ever known. It is harmless. Children like it. It gives them health. It will save their lives. In it Mothers have something which is absolutely safe and practically perfect as a child's medicine.

Castoria destroys Worms.
Castoria allays Feverishness.
Castoria prevents vomiting Sour Curd.
Castoria cures Diarrhoea and Wind Colic.
Castoria relieves Teething Troubles.
Castoria cures Constipation and Flatulency.
Castoria neutralizes the effects of carbonic acid gas or poisonous air.
Castoria does not contain morphine, opium, or other narcotic property.
Castoria assimilates the food, regulates the stomach and bowels, giving healthy and natural sleep.
Castoria is put up in one-size bottles only. It is not sold in bulk.
Don't allow any one to sell you anything else on the plea or promise that it is "just as good" and "will answer every purpose."
See that you get C-A-S-T-O-R-I-A.
The fac-simile signature of *Chas. H. Fletcher* is on every wrapper.

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Now That Summer Is Here
There is no rest for any longer postponing that eastern trip. Everything is in your favor. Rates are low—weather is pleasant—our service is better than ever.
Maps, time tables and full information about the "best" way to reach Omaha, St. Joseph, Kansas City, St. Louis and Chicago on application to the nearest ticket agent or by addressing:
A. C. SHELDON, G. A., Portland, Or.

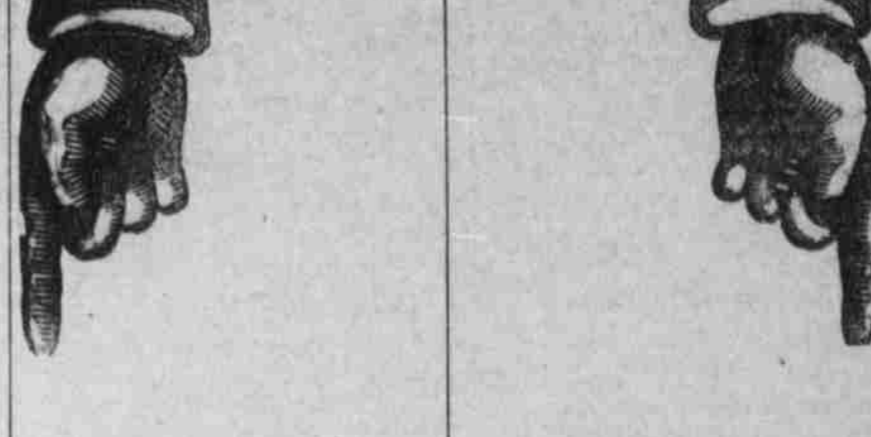
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Union Pacific System.
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PORTLAND to CHICAGO
Our trains are heated by steam and lighted by kerosene.
Time to Chicago, 3 1/2 days.
Time to New York, 4 1/2-5 days.
Which is many hours quicker than competitors.
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R. W. BAXTER, General Agent, 135 Third Street, Portland.
C. E. BROWN, Dist. Pass. Agent, 135 Third Street, Portland.

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321 Commercial St. [Cottle Block]
[Successor to C. M. Beck & Co.]
Best meats in the city. Prompt delivery at lowest prices.

BLOOD POISON
A SPECIALTY
Primary, secondary or tertiary blood poisoning permanently cured in 10 to 15 days. You can be treated at home for same price under same guarantee. If you prefer to come here we will treat you in our hospital and hotel bills and medicine included. If you have taken mercury, iodine, potash, and still have sores and pimples, Copper Colored Spots, Eruptions any part of the body, Hair or Eyebrows falling out, it is this Secondary BLOOD POISON which causes and challenges the world for a cure we cannot cure. This disease has always baffled the skill of the most eminent physicians. \$500,000 spent behind our blood-purifying medicine. Also, for the most reliable and complete information, send for our book, "Blood Purifier," by Dr. J. C. GIBNEY, M.D., 307 Main Street, Seattle, Wash., D.C.

The Capital Journal

FOR 1896.



THE CAPITAL JOURNAL
For 25c
Daily one month. Weekly three months.
50 Cents
will get you the Daily until after election, or the Weekly until January 1, 1897.
Our Great Features
THE JOURNAL is pre-eminently a paper for the people, in news, politics and editorial opinions.
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THE JOURNAL does not pretend to be an agricultural paper, but keeps up a well-edited farm department, by a competent farmer, who knows the needs of the Oregon farmer. It also contains correct market reports.
Woman's Department
A large volume of social news and good home matter of interest to the feminine part of the family is one of the attractive features of THE JOURNAL, the only newspaper in Oregon employing a lady editor.
Youth's Department
This feature is one of great value to a family with boys and girls. THE JOURNAL will not publish wishy-washy stuff in this department, but good, bracing matter, of an entertaining and educating character.
A Modern Newspaper
THE JOURNAL is the first and only paper in Oregon to meet the hard times by reducing the price and sending out only what papers are paid for in advance, add runs no bills. All papers are stopped when the time expires. This is important, and you should take the benefit of it, instead of paying out more money for poorer papers. Subscribe now, and interest your friends in THE JOURNAL, if they are not already taking it.
State, County and Local News
The largest amount for the least money. If you can't get money order or draft, just enclose the currency or silver. We receive hundreds of letters with silver enclosed, and never lost a cent that way. Read our premium list below:
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Of any of these publications can be had by calling at THE JOURNAL office or dropping us a postal card.
Any two of the above periodicals can be secured by paying \$3 and taking THE JOURNAL twice as long as required to secure one.
When the extremely low price of THE JOURNAL is considered, this will be found the most liberal offer made by any paper on the coast.

THE FARM NEWS.
A practical farm paper, edited by a staff of experienced agricultural writers, contributed to by the best known agriculturists of the country. It contains what the farmer wants.
"WOMANKIND!"
A handsome, attractive, home paper, to which every woman will give a hearty welcome.
THE TOLEDO BLADE.
That great national newspaper, which is known to everybody.
The Child Garden.
The delightful Chicago children's magazine. Just the thing to read to the little ones of the home circle. It brings the kindergarten into the home. Song, games and story. Beautifully illustrated. \$1 a year. Published by the Kindergarten Literature Co. six months.

PRIMARY SCHOOL OF POLITICS.
A book by E. Hofer, on the rotten primary system, price 25 cents. Can be had instead of any of the above premiums.
HOFER BROTHERS
EDITORS,
Salem, - Oregon.

OREGON CENTRAL
AND
Eastern R. R. Company
[YAQUINA BAY ROUTE.]
Connecting at Yaquina Bay with the St. Francisco & Yaquina Bay Steamship Co.
STEAMER "FARALLON."
Sails from Yaquina every 8 days for San Francisco, Coos Bay, Port Orford, Trinidad and Humbolt Bay.
Passenger accommodations unsurpassed. Shortest route between the Willamette valley and California.
Fare from Albany or point west to San Francisco: Cabin, \$6; steerage, \$4; to Coos Bay and Port Orford, cabin \$6; to Humbolt Bay, cabin \$8; round trip, good 60 days, special.
RIVER DIVISION.
Steamers "Albany" and "Wm. M. Hoag," newly furnished, leave Salem daily, except Saturdays, at 11 a. m., arriving at Portland the same day at 5 p. m. Returning boats leave Portland same day as above at 6 a. m., arriving at Salem at 3 p. m.
EDWIN STONE, Manager, Corvallis, Or.
J. C. MAYO, Supt. River Division, M. P. BALDWIN, Local Agent, Altona Dock, Salem.

THE TOLEDO BLADE.
That great national newspaper, which is known to everybody.
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EAST AND SOUTH Shasta Route.

Southern Pacific Co.

California Express Train—Run daily between Portland and San Francisco.	
South	North
8:50 p. m. Lv. Portland ar.	
11:00 p. m. Lv. Salem	
10:45 a. m. Ar. San Fran.	

Above trains stop at East Portland, Oregon City, Weburn, Salem, Turner, Marion, Jefferson, Albany, Albany Junction, Tangent, Shedd, Halsey, Harrisburg, Junction City, Eugene, Creswell, Drain, and all stations from Roseburg to Ashland, inclusive.
ROSEBURG MAIL DAILY.

Salem Passenger.	
South	North
8:30 a. m. Lv. Portland ar.	4:40 p. m.
11:00 a. m. Lv. Salem	2:20 p. m.
5:20 p. m. Ar. Roseburg	8:30 a. m.

At Albany and Corvallis connect with trains of Oregon Central & Eastern Railroad.
PULLMAN BUFFET SLEEPERS and second-class sleeping cars attached to all through trains.
WEST SIDE DIVISION, Between Portland and Corvallis, daily (except Sunday).
7:30 a. m. | Lv. Portland. Ar. | 6:20 p. m.
12:15 p. m. | Ar. Corvallis. Lv. | 1:35 p. m.
At Albany and Corvallis connect with trains of Oregon Central & Eastern Railroad.
Express train daily except Sunday.
4:45 p. m. | Lv. Portland Ar. | 8:25 a. m.
7:25 p. m. | Ar. McMinnville Lv. | 5:50 a. m.

THROUGH TICKETS
to all points in the Eastern States, Canada and Europe can be obtained at lowest rates from W. W. SKINNER, Agent, Salem.
E. P. ROGERS, Asst. G. F. & P. A., Portland, Or.
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Of the Chicago, Milwaukee and St. Paul Railway and note its connection with all transcontinental lines at St. Paul and Omaha, and remember when going east that its trains are lighted with electricity and heated by steam. Its equipment is superb. Elegant Buffet, library, smoking and sleeping cars, with free reclining chairs. Each sleeping car berth has an electric reading lamp, and its dining cars are the best in the world. Other lines are longer than this, but are shorter, and no other offers the above luxurious accommodations. These are sufficient reasons for the popularity of "The Milwaukee." Coupon ticket agents in every railroad office will give you further information, or address
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TO THE EAST GIVES THE CHOICE OF
Two Transcontinental Routes.
Via Spokane, Minneapolis, St. Paul and Denver Omaha and Kansas City. Low rates to eastern cities.
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Steamers leave Alsworth dock, Portland May 17, 23, 27 and June 1, 6, 11, 16, 21, 26
Fare—Cabin, \$5; steerage, \$2.50.
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Steamers Ruth and Elmore for Portland daily except Sunday at 10 a. m.
For Corvallis daily except Sunday at 12:30 p. m.
For Eugene Monday and Thursday at 1:30.
Lowest freight and passenger rates. Round trip tickets very cheap. Tickets sold and baggage checked through to all points without extra transfer charges.
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CARPET PAPER—Large lot of heavy brown wrapping paper for sale cheap. Just the thing for putting under carpets. Call at Journal office.